

What is claimed is:

1. A cap comprising;

a cap body 2 made by cloth;

- 5 a sunshade cover 1 removably connected to said cap body 2 by a connecting means, having material for cooling, capable of exposing the top of a wearer's head to the outside of the hat body when the shading cover is stored in the hat body and cooling the back part of the head and nape of the wearer when the cover is used for shading, capable of storing or extracting the shading cover into/out of the hat body by turning the shading cover so that one (e.g., rear surface) of a front and rear surfaces of the cover is flush with the surface of the wear's head; and

the connecting means having an axle located at least one portion at the connected portion.

2. A cap according to claim 1 wherein the connecting means is a stopper pin as the axle thereof so as to provide the sunshade cover to the cap body removably.

3. A cap comprising;

a cap body made by cloth;

a sunshade cover removably connected to said cap body by a connecting means, having material for cooling; and

the connecting means which is a both-sided adhesive provided so as to store and extract the sunshade cover into/out of the hat body by turning the shading cover so that one (e.g., rear surface) of a front and rear surfaces of the cover is flush with the surface of the wear's head.

4. A cap with a sunshade cover comprising:

a cap body made by cloth;

a sunshade cover removably connected to said cap body by a connecting means, having

material for cooling; and

the cooling material which is a water-absorbing material as a fiber obtained by processing a polymer that contains the sodium salt of polyacrylic acid as a major component, provided to the sunshade cover.

5

5. A cap according to any claim 1 or 2 wherein the cooling material is a water-absorbing material as a fiber obtained by processing a polymer that contains the sodium salt of polyacrylic acid as a major component, provided to the sunshade cover.

10 6. A cap according to any claim 1, 2 or 3 wherein the water-absorbing material as one of a fiber and other fiber is dried during the cold season and provided to the sunshade cover.

7. A hood comprising:

a headband with elasticity;

15 a sunshade cover provided to the headband having a cooling material provided at a portion thereof which the headband covers a nape of the head when in use; and

the cooling material which is a water-absorbing material as a fiber obtained by processing a polymer that contains the sodium salt of polyacrylic acid as a major component.